PROGRAMM

(1) ADDRESS ...
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...EEDINGS

OF THE

EIGHTH WORLD ASSEMBLY

OF THE

SPIRITUAL REGENERATION MOVEMENT

JANUARY 15 — 17, 1967

ACADEMY OF MEDITATION

SHANKARACHARYA NAGAR, RISHIKESH, U.P.

INDIA

EIGHTH WORLD A

The 8th World Assembly was constituted by delegates from the Spiritual Regeneration Movement, the International Meditation Society and the Students International Meditation Society of India, Canada, Germany, Itcly, Great Britain, United States, France, Greece, Norway, Sweden, Denmark, Burma, Malaya, Hong Kong, New Zealand, Australia, Turkey, Egypt, Laos, Switzerland, West Indies, South Africa, Scotland, Ireland, Hawaii, Iceland, Holland, Belgium, Finland, Japan, Peru, Chile, Argentina, Brazil, Columbia and Uruguay.

PROGRAMME FOR FIRST DAY

(1) ADDRESS OF WELCOME — Shri Brahmachari Devendra, (Barrister-at-law) World Governor of the Spiritual Regeneration Movement and President of the Spiritual Regeneration Movement Foundation of India.

(2) INAUGURAL ADDRESS — His Holiness Maharishi Mahesh Yogi, Founder of the Spiritual Regeneration Movement, The International Meditation Society and the Student's International Meditation Society and Academy of Meditation in Shankaracharya Nagar.

(3) Problems of Life requiring solution;

Suggested by

(a) Mr. Justice Mudholkar

(b) Shri Durga Dass

(4) Solution to Life's problems to be suggested by the Delegates of the Spiritual Regeneration Movement, the International Meditation Society, the Students' International Meditation Society from different countries.

1. Solution to the problems of Health:

Proposed by

DR. LAZARO WASSERMAN, Medical Practitioner, and a Member of the Board of Sophologai and Psychosomatic Medical Society from Buenos Aires, Argentina.

Seconded by

MR. DON RANDLE, a resort owner in the Okanagan Valley in British Columbia, Canada.

2. Solutions to the problem of Education:

Proposed by

MR. ARE HOLEN, a student of psychology in the University of Oslo and President of the Students' International Meditation Society in Norway.

Seconded by

MR. HOWARD IRIYAMA, a graduate in Japanese studies from Stanford University, United States and currently studying Buddhism at a Zen University in Japan.

3. Solution to the problems in the field of Social Behaviour

Proposed by

MR. STIG GORAN SJOGREN, Assistant Director of the Swedish State Power Board, President of the Students' International Meditation Society in Sweden and Member of the Council of Administration of the S. R. M. in Sweden.

Seconded by

MRS. JESSAMINE VERRILL, Delegate from the International Meditation Society of the United States.

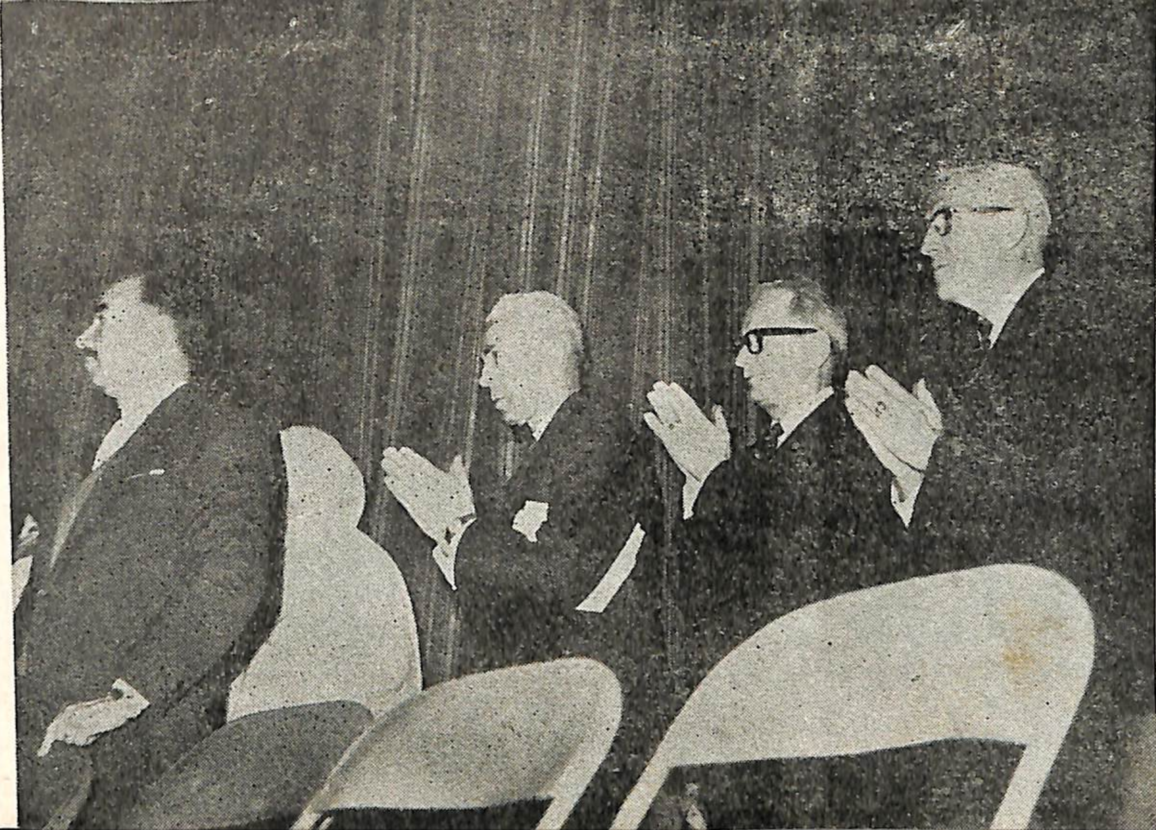
(5) Maharishi's Comments on the Proposals.

(6) Questions from the audience and answers by Maharishi.

Notes—(1) The solution to the problems in the fields of Economics, Industry and Commerce, Labour and Employment, Justice and Law, Defence and Politics will be proposed in the Open Session of the 2nd day's proceedings on 16th January here at the India International Centre.

(2) Solution to the problems in the fields of Religion, Philosophy, Culture, Arts and Sciences will be proposed during the 3rd sitting of the World Assembly on 17th January 1967 here in the same hall of the India International Centre.







ADDRESS OF WELCOME

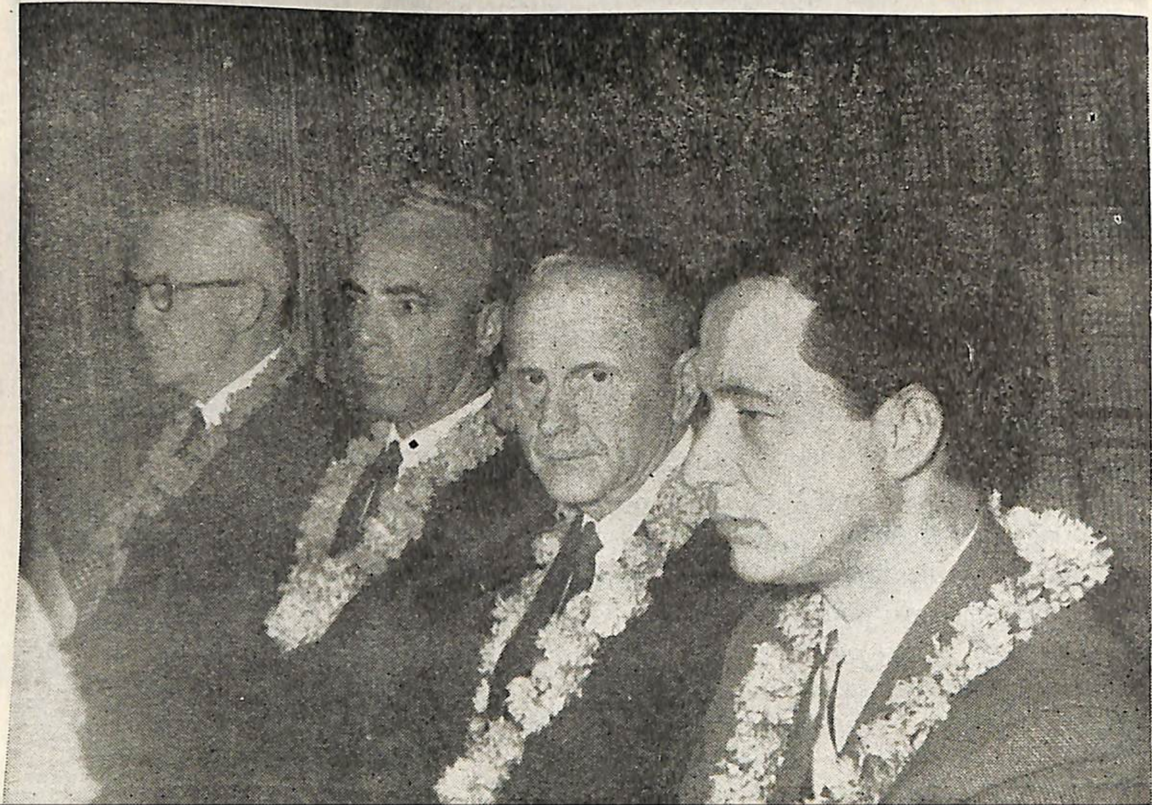
Brahmachari Devendra

As the President of the Spiritual Regeneration Movement Foundation of India I have the priviledged honour to welcome Your Holiness of this August gathering of the delegates of the Spiritual Regeneration Movement, the International Meditation Society and the Students Meditation Society from different countries of all continents. In welcoming you all, ladies and gentlemen, my heart swells in love and hope for mankind.

In the past we have held Seven World Assemblies like this in different countries. This Eighth World Assembly of the Spiritual Regeneration Movement has its special significance in view of the present situation of life in different parts of the world.

It is a joy to see that the voice of one single individua! is now rising as the voice of the world.

Maharishi started the Spiritual Regene-



ration Movement in 1958 during the Seminar of spiritual luminaries held in Madras to celebrate the 89th birthday anniversary of His Divinity Swami Brahmananda Saraswati Maharaj, Jagadguru Shankaracharya of Jyotirmath. Since that day the Spiritual Regeneration Movement has been spreading, and now today it has spread far and wide to include within its fold all the countries of the world leading in modern thought.

Extending my hope for great achievemens of this World Assembly, I extend a cordial welcome to all of you — ladies and gentlemen, and I request His Holiness Maharishi Mahesh Yogi to bless us by his inaugural address.

JAI GURU DEV



INAUGURAL ADDRESS

His Holiness Maharishi Mahesh Yogi

It is a delight for me to inaugurate the 8th World Assembly of the Spiritual Regeneration Movement which aims at awakening higher consciousness in the minds of the people in all parts of the world and thereby reduce tension and suffering in society. The great success of the S.R.M. year after year confirms the efficacy of the simple system of Transcendental Meditation for which we are grateful to our Guru Dev, the great spiritual master Shri Jagad Guru Bhagwan Shankaracharya Swami Brahmananda Saraswati Maharaj.

The purpose of this 8th World Assembly is to review and evaluate the advantages of Transcendental Meditation in the light of the experiences of meditators in different parts of the world.

To-day we are gathered here from different countries to convince ourselves once again whether the simple system

of Transcendental Meditation, which is quite in accordance with the nature of life, provides a universal cure for all ills and sufferings in man's life—individual, social, national and international.

In every part of the world man, faced with problems, finds life full of stress, strain and suffering. The demand for peaceful co-existence is acute. Efforts are being made from many quarters, in the fields of sciences, economics politics, religion, psychology and various practical branches of learning to fulfill this demand and each attempt promises some help, but nothing that has been tried so far has succeeded in providing a permanent solution to the all-time problem of man's suffering—the problem of finding peace and happiness in life. It has been the experience of the numberless members of the S.R.M. all over the world that raising man's level of consciousness through Transcendental Meditation develops in him clear thinking and more energy and bestows normal health which results in increased efficiency in all fields of thought and action.

This appears to be the one solution to all problems in man's life.

We shall discuss and analyse during the three days' session of this World Assem-

bly whether Transcendental Meditation is really capable of providing a permanant solution to the all-time problems of man in all parts of the world, and if we succeed in convincing ourselves that we have really found a universal solution to life's problems, we shall feel ourselves fortunate to do our best to make this gift available to all the people in all countries and create a world of peace, harmony and happiness for generations to come.



PROBLEMS REQUIRING SOLUTION

Mr. Justice J. R. Mudholkar
and
Shri Durga Dass

In their speeches Mr. Justice Mudholkar and Shri Durga Dass narrated the various types of problems confronting society in different parts of the world and in India—problems of right thinking, right action, health, education, social welfare, industry and commerce and national and international politics and expressed that all these problems belong to different spheres of life—individual and social, and if there could be one solution to all these problems the history of the world would change. If the Spiritual Regeneration Movement can offer something concrete the whole world will automatically be disposed toward it.

SOLUTIONS TO LIFE'S PROBLEMS

Suggested by the Delegates of SRM, IMS, SIMS from different Countries

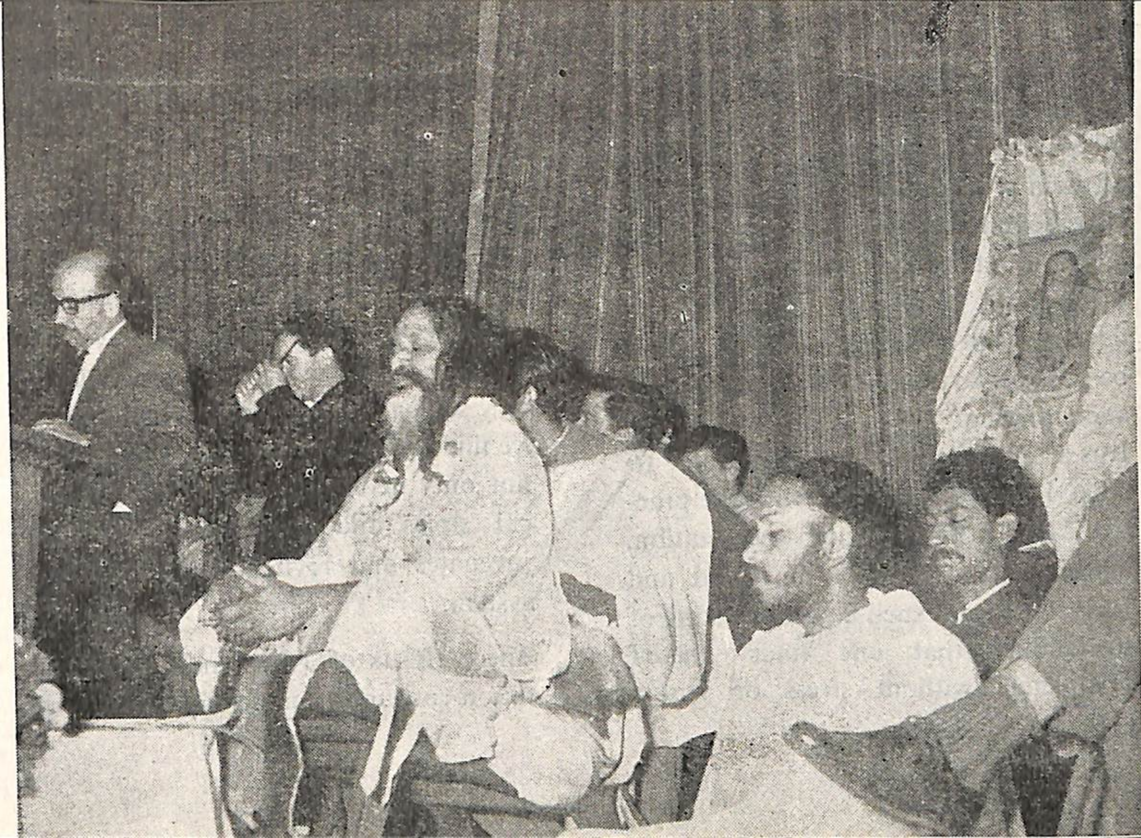
SOLUTION TO THE PROBLEM OF HEALTH

Dr. L. Wasserman

Greetings to you all, ladies and gentlemen, from my countrymen in Argentina. It gives me great joy this afternoon to stand before you as the first speaker at this august gathering of the World Assembly of the Spiritual Regeneration Movement.

As a medical man by profession, I have been closely studying the effects on health of Maharishi's Transcendental Meditation and the conclusions which I have reached within the last 6 months of my practice of Transcendental Meditation are really astonishing from a medical point of view.

One fact which we the medical people all over the world realise is that 80% of the physical diseases have their origin



in mental stress caused by worries, anxieties, defects and failures in life. The other 20% of the diseases, the cause of them is supposed to be organic, are also found to be aggravated with increase of anxieties. Therefore, if there could be a way to prevent the development of mental stress, it would be possible to free society from sickness and suffering.

It is a joy for me to give expression to what I have experienced with the practice of Transcendental Meditation. Within a few minutes the mind and body both gain such a pleasant state of tranquillity that one finds oneself completely without stress or strain. Just this practice of a few minutes morning and evening is enough to restore normal health.

There are two more effects of this meditation which I have studied very closely—one is increased degree of happiness and the other is increased level of energy. These two together produce a very strong effect of rejuvenation. Thus we find that Transcendental Meditation not only neturalises mental and physical stress and strain but also rejuvenates and revitalises the nervous system.

These effects of Transcendental Meditation encourage me to suggest to each

individual in the world that the regular practice of Transcendental Meditation be incorporated into the daily routine. I offer my proposal for a critical scrutiny by the World Assembly and hope that the experience of Transcendental Meditation with regard to health, that I had in Argentina, is the same that the meditators have experienced in different parts of the world.

Jai Guru Dev

HEALTH

Don Randle

Revered Maharishi, distinguished delegates of the World Assembly, Ladies and Gentlemen.

I take this opportunity to offer the greetings to you all from my fellow countrymen from British Columbia in Canada. To come to India has been a long-cherished dream of my life, and now this afternoon I find it fulfilled.

I would feel highly honoured if my experiences and the experiences of my friends could be of service to the citizens of the world. And it is with joyfulness that I wish to support and strengthen the proposal made by Dr. Wasserman from Argentina.

There could be no greater boon to life of any man than Transcendental Meditation becoming a part of his daily routine.

I wish to supplement Dr. Wasserman's proposal by mentioning that scientific experiments performed in Germany, Canada and England have given evidence of many physiological changes in the blood chemistry which register

radical changes in the physical structure of the nervous system. I am a man without expert knowledge in the medical field, but I have heard the remarks of my medical friends in the University of British Columbia that the experiments, which indicated lowering of metabolic rate, and, at the same time, rise in the energy level in the body, will give rise to some new theories in the field of health. I admire the minds of the scientists who are producing valuable scientific evidence concerning Transcendental Meditation, but as a layman I would lay stress on the value of Transcendental Meditation in bringing relief to mental and physical suffering. I have seen many kinds of worried and miserable people becoming peaceful and happy within the first few sittings, and I have seen many elderly members of society begin to look ten to twenty years younger within a few weeks of practice.

On the basis of my own personal experiences and that of hundreds of people I support with all emphasis Dr. Wasserman's proposal to incorporate Transcendental Meditation in the daily routine and I would like to finish with the further comment that no one else can incorporate it in the life of any body else. Everyone should incorporate it into his own life, for himself and for the world around him.



SOLUTION TO THE PROBLEM OF EDUCATION

By Are Holen

I am a student of psychology at the University of Oslo in Norway. As such, I am studying the mechanism of mind.

What I have found through my years of study is that the problems in all fields of education are in essence based on the inability of the mind to cope with the studies. Expansion of the conscious mind is the *only* solution to all these problems.

Education must necessarily — to be complete — be such that every student unfolds his potential, and must enable him to *use* this full mental potential.

Through psychology we know that man does not use his full mind. From my own experience and from the experience of hundreds of my friends in Universities in Norway — and also on the basis of thousands of students in such well-known universities as Harvard, Yale, Berkley, University of California in Los Angles in USA and

also Universities in Germany, England and other countries to-day leading in modern thought — I can say that the only scientific way to unfold the full potential of mind lies in the simple technique of Transcendental Meditation.

It is in the interest of every nation to create an opportunity by which its students of to-day and to-morrow will be able to increase their ability in understanding and assimilating the knowledge available to them. The means to create such a situation is to expand the conscious capacity of the mind.

Ladies and Gentlemen:

I have the honour to propose to this World Assembly that the practice of Transcendental Meditation should be popularized in all student institutions — in every school, college and university. The results will be a better world of highly creative, happy and harmonious individuals.

As President of the Students International Meditation Society in Norway, I have experienced what my colleagues have experienced in other countries. Many students, for whom study was a burden, have now become so fond of their studies that they hardly remember

how difficult they found their studies the previous year.

I have to allow time for the other delegates, otherwise it would have been my very great joy to tell you interesting and fascinating experience of my friends in Norway — but I will feel content and highly gratified if the students all around the world could take the advantage of our experiences and begin to develop their full mental potential through this simple practice of Transcendental Meditation which easily can be added to the daily life of students.

Thanks

Jai Guru Dev



EDUCATION

Howard Iriyama

Having studied in the U.S.A. and Japan, I think I can convey to you the greetings and great hopes of students in both countries. I have to speak before you, moved by one sentiment, moved by one principle, and that is the principle of giving in order to receive.

Ladies and gentlemen, I will give my message to you in order to receive a greater one and in giving my message I want to stand by the side of Are Holen from Norway. I support whole heartedly the proposal that he has placed before this World Assembly.

I support, supplement and strengthen the proposal that Transcendental Meditation should be incorporated into the daily routine of all the students in all parts of the world. No student need fail in his classes; study will be a joy both in the school and at home. This joy will permeate all aspects of life, and the distinction between work and play will cease to exist. Every young man will come out with full display of his genius in every field of activity.

Ladies and gentlemen !

To be able to use one's full mental

potential is really a very great thing — it is the achievement of the fundamental requirement of life. The man who is not able to use his full mental potential — how can he be called a man? If a house is not fully built, we cannot call it a house. We can call it a house in the process of construction. It remains in the hands of the builder and not in the hands of the proprietor. Likewise, the mind which is not fully developed does not belong to the man himself, but to the process of development—of evolution.

There is no use in living a life of an undeveloped mind. Many generations of men have died, having lived this underdeveloped state of life. Now it is time for us in this scientific age of ours to begin making use of our full mental potential. Our accomplishments will be great, civilization will be great, the rewards of life will be great for the individual, for society and for the world. Transcendental Meditation we have found to be a key to success and progress in life. Let this key to life be given to everyone, and everyone join hands and hearts in distributing this great gift of life to all those who want to live in fulfillment, happiness, harmony and peace. I therefore second Mr. Holen's proposal.

SOLUTION TO THE PROBLEMS OF SOCIAL BEHAVIOUR

Sjogren Stig Goran

With deep feelings of gratitude and joyfulness, I greet my friends.

The inner contentment of man is the basis of all good social behaviour. Inner contentment can be permanent only in bliss consciousness, which is easily gained through Transcendental Meditation, and therefore, without elaborating upon the subject, I wish to make a proposal to this learned assembly from all parts of the world that, in order to improve social behaviour, in order to create a state of harmony and happiness in society, and in order to secure dignity of life in all parts of the world, Transcendental Meditation should be popularized through all the agencies working to improve social relationsship between individuals, between societies and between Nations.

Ladies and Gentlemen — I represent Sweden in this World Assembly. In my country Society is supposed to maintain the highest standard of living



in Europe. Our mannerisms are supposed to be ideal in the Westren Society. We respect the feelings of others, we appreciate each other, we try to be loving and harmonious in our behaviour, but, in spirit of all this, my personal experience says that there is a possibility of much better type of behaviour. I feel I could love people more, and for that the basic need is that the capacity of feeling and understanding should be further improved, qualities of mind and heart should be further improved.

The Meditation Centre of Spiritual Regeneration Movement was started in Stockhom in 1961 when Maharishi visited Sweden for the first time. Since then many many hundreds of people are practising transcendental meditation there. Our experience is that people do become more sensitive to feelings and thoughts of others. This has added to the efficiency of social behaviour in our country and similar experiences have been heard of in other countries in Europe. Therefore, with all emphasis I propose to this World Assembly to popularise Transcendental Meditation for the sake of improving social behaviour all over the World. This will create a better world to live in. Thank you.

SOCIAL BEHAVIOUR

Mrs. Jessmine Verrill,

With deep feelings of gratitude and joyfulness, I greet you, my friends. You have heard the proposal from Sweden. We are all highly appreciative of Swedish culture. The proposal of improving social behaviour, voicing the opinion of the Swedish people, has a great significance. It experiences the true nature of human values. If the conscious mind is not in tune with the inner spheres of divine life, the field of behaviour will always be in confusion and chaos. A ship without anchor always remains at the mercy of the wind. A life without anchorage to inner divine nature cannot be better than a ship tossing on the surface in the winds. I support every word of the proposal. I say, on the basis of experience of thousands of people in California, that regular Transcendental Meditation is the solution of all anti-social behaviour.

One thing we have seen is that it not only softens one's own feelings about

others, but has miraculous influence upon the feelings of others. It is better that I leave to Maharishi the explanation of the mechanics of the miraculous effects of Transcendental Meditation upon social behaviour.

But what I would stress is that the proposal to spread Transcendental Meditation, which has come to us as the voice of Sweden, is really the voice of every centre of the Spiritual Regeneration Movement in every country. It is the proposal of every member of the International Meditation Society in all parts of the world. It is a proposal of every meditator. It is a proposal that gives expression to the truth that underlies all activity and human behaviour.

With my full support I second the proposal and hope that this will be incorporated in the declaration of this World Assembly, which is going to suggest one simple solution to all the ills and sufferings in man's life.

With this, I wish you all, good luck, and hope that everyone will join hands in the propagation of Transcendental Meditation so that we may leave a better world for our children and grand children.



MAHARISHI'S COMMENTS

PROGRAMME FOR SECOND DAY

(1) Opening Address— By Shri Brahmachari Devendra, President, Spiritual Regeneration Movement Foundation of India.

(2) Problems of Life Requiring Solution— By Mr. Justice Mudholkar, and Mr. S. A. L. Narayana Row, Member, Central Board of Revenue.

(3) Solutions to life's Problems: Suggestions from Delegates from different Countries.

(a) Solution to the Problems of Law and Order :

Proposed by

Maitre Madam Therese St. Louis, Practising French Lawyer, from Montreal, Canada.

Seconded by

Mr. Jack Dykes, Okanagan Valley, British, Columbia.

(b) Solution to the Problems in the Field of Industry and Commerce:

Proposed by

Mr. Bert Bowman, Penticton, Canada.

Seconded by

Mr. Abraham Iwan, Industrialist, Buenos Aires, Argentina.

(c) Solution to the Problems in the Field of Labour and Employment:

Proposed by

Mr. Devid Verrill, Flying Tiger, Line — World-wide, Air-freight and Airtransport Company, California, U.S.A.

Seconded by

Miss. Nevvar Sunetciogiu, Chief Electrical Engineer, Turkish Government, Ankara.

(d) Solution to the Problems in the Field of Deefence:

Proposed by

Rev. Somon Horizawa, (of Japan).

Seconded by

MAJ. GENL. P. C. MOHAN — of India, (who represented India at the International Control Commission in Vietnam).

(e) SOLUTION TO THE PROBLEMS IN THE FIELD OE POLITICS :

Proposed by

MR. JOHN HOLMES (from London).

Seconded by

MR. K. KRISHNAMURTHY.

4. Maharishi's Comments on the proposals.
5. Questions from the audience and answers by Maharishi.
6. Announcements.

JAI GURU DEV



OPENING ADDRESS



PROBLEMS OF LIFE REQUIRING SOLUTION

PROPOSED BY

Mr. Justice Mudholkar

It was very interesting and instructive to hear what His Holiness had to say about the problems which had been raised by my friend—Mr. Durga Dass and myself, and it is also instructive to learn from the other delegates of their experiences in dealing with some such problems in their respective countries. I hope that the problems which I am proposing to lay before His Holiness and the delegates will also evoke some answers which would be satisfying and informative.

Now one thing does strike me. It is this, that in several Western European countries the Movement has gained an appreciable momentum. Large number of centres have sprung up in North America as well as South America and also in certain countries of Europe, particularly Sweden and Germany.

Now the object of Maharishi, as we have been told, is to enable man to get rid of his tensions in all these countries. It is very well known that in spite of there being an affluent society, inspite of progress being made in the material field, there is tension and a sense of frustration and there is a sense of lack of direction. It is, therefore, fertile ground for a Movement like this to catch on. But these countries have one advantage over our country and over developing countries; that is they are not faced with acute problems of self-sufficiency and security which faces people in our country and people in what are known as emerging nations.

Now the question is this: whether the meditation of the type which has been proposed will be of help to the masses of India? There are fortunate people and I count myself amongst one of them who have not to face the day-to-day struggle for existence but the vast majority of the people are still in the clutches of this and naturally they have to devote a considerable amount of time to earning a bare livelihood. So how can their problem — the economic problem be solved by this Meditation? There is a saying in my mother-tongue which means first a man thinks of satisfying his hunger and only when that is satisfied then he thinks of

God — that is to say of satisfying his spiritual hunger. Now how is this problem to be satisfied? People who belong to the upper classes — the intelligentsia do not have to face such an acute problem and they would certainly derive immense benefit from this Meditation. The question is how in India this can be made unto a mass-movement, how the masses could be enabled to help themselves? If they can help themselves, if they can be enabled to improve the working conditions, I am sure, they will follow like those of the intelligentsia who feel a vacuum in their lives.

The second point which I would like to mention is this: that quite a number, and I am sure most of you who are here, tried various types of meditation. Now in all these methods of meditation what is required is concentration.

It has been my sad experience that while sitting for meditation, the mind does begin to wander and it is not easy to keep it fixed to a particular point. There is a method which I learnt from the books that is observing your thoughts and allowing them to work themselves out so that in the end you will not only know your thought processes because thought to my mind is mind in action, but you will

know the condition of your own mind and you will be able to handle it and also you would know how best to make corrections in the conditions. But the difficulty which I have found so often in following this method is that after sometime your conscious mind, so to speak, looses track of the thought and even the thought begins to wander at its will which eludes all kinds of observation. So I would like some guidance on this point and I am sure it will come when His Holiness gives instructions in this method of meditation.

Then there is another point which I would like to mention. This is the last one which I want to mention to-day. It is this—that in our country with its own spiritual background and traditions, there is a thirst for acquiring spiritual knowledge, or in other words for having a *darshan* of the Supreme Being. There is also an urge for living a good life, but people of this kind — they will feel that merely obtaining tranquillity of mind will not serve their purpose. Yesterday His Holiness told us that first you have got to get rid of these tensions to clear your mind by this process of meditation and when your mind or the working-mind is united with the cosmic mind, man will become full-minded and

then further progress will be possible; and after succeeding this step, the next step of God realisation will come. Now the question is this — that is a question which quite a number of us will we ask — whether the two cannot go on simultaneously? To my mind, I myself felt that once the working mind is completely merged in the cosmic mind, of that mind which is full knowledge, wisdom, intelligence and energy will be able to solve the problems for the individual. But I do not know if that is a correct way of looking at it and I would like to know from His Holiness whether I am right in thinking so and if that is so, that this particular method should, for the time being, serve as our goal.

These are the points which I respectfully lay before His Holiness and the honoured delegates and I hope that some elucidation will be given to us.

That is all I have to say.

Thank You.

PROBLEMS OF LIFE REQUIRING SOLUTION

Shri Durga Dass

I deem it a great privilege to be called upon to place before the world assembly the various problems which face man and which can by the new method of meditation which Maharishi will initiate us into to enable us to get over these difficullties. Mr. Mudholkar has already dealt with larger problems. I will deal with few common difficulties which face us and which face the masses.

The main difficult thing which faces all of us is the emotional disturbances caused by the laws of relative life. How does the new meditation method help in getting over these? In fact it is a very common experience of most of us that all knowledge of religion has failed in the face of personal bereavement. We, therefore, look for guidance from Maharishi as to how in the face of a great tragedy or calamity we are still able to keep our composure and are able to carry on our duties in the

normal way.

Physical health is another very important difficulty facing the persons in this country where medical aid has not spread to the villages. There is obviously a solution even for physical illness because it is now a well accepted theory that most physical ills are caused by the process of the mind by some emotional disturbances. If, therefore, we remove the cause, physical health comes back to normal. We will be very grateful if Maharishi could enlighten us as to how we should be able to get over these difficulties. About economic difficulties, my predecessor Mr. Mudholkar has already spoken.

The one particular problem I would place before the audience and Shri Maharishi is that we must bring the Spiritual Regeneration Movement to the door of the common man—more than anything that should be our objective, if this Movement is to help people in this country or the world as a whole. We must have some method by which the benefit of this Movement is available to one and all. Some method should be found for this. We would be grateful if Maharishi could tell us how that can be done. I

have often found one difficulty and I have been told by friends that they have found the same difficulty. It is not that many of us do not know the rules of religion. The principles taught by various religious text-books—the teaching of various spiritual teachers—we know them all, but then it appears as though this knowledge remains as knowledge and does not become part of us—that is, it is not emotionally integrated with our personality. It is absolutely essential that there should be such an emotional integration of what we learn. We would be grateful to Maharishi if he can tell us how we could benefit by the teachings of the great men of the past and the great men of the present.

It is a very interesting question that I would like to pose—I happened to start meditation when I was at the age of 14-16 years old. As a student I came under a great spiritual leader then. I happend to be in foreign Theosophical Colleges. I came under the influence of that teacher. I started meditation which gave me benefit which helped me to concentrate. It helped me to attain detachment. Then the forces of life—the impact of life was so great that I gave up meditation. It is necessary also that we should seek enlightenment

of Maharishi as to how after starting the new method of meditation we shall keep it up for our lives so that it will be to our benefit for all times. These are a few of the problems. I think it will be presumptuous for me to speak of any experience of meditation. I can only say this—the short period of meditation which I had in these two years helped me to attain a feeling of detachment to relatives, friends, to money, to power, to various other things, but then as I got into the stream of life again, the benefit of that meditation which had given all these qualities was gone. I am quite sure, Maharishi's new method will help us obtain a detachment—a mode of thought, a mode of life and physical health which will remain for ever.

Thanking you

SOLUTIONS TO LIFE'S PROBLEMS

Solution to the Problems of Law and Order

Maitre Madam Therese St. Louis,

Law is the impression of the process of evolution in different fields. "Man made laws" have their basis in God made laws i.e. the laws of nature. All the laws of nature have their basis in Cosmic Laws. The different laws of nature are the basis of the laws made by man in his different fields of activity.

Ladies and Gentlemen, truthfully it can be admitted that it is impossible for the human mind to understand or to know all the laws. Therefore without full knowledge of all the laws it is physically impossible to be a law abiding citizen. Now however, there is a technique that makes it possible to have one's life completely in accordance with all the laws.

I have already said that the basis of man made laws is the laws of nature, and nature's law is founded on Cosmic Laws.

The field of Cosmic law is absolute, it is eternal, the field of "Being," "Pure Existance", "Pure Consciousness".

When our conscious mind comes in tune with the "Plane of Being" it becomes "Being".

The purpose of such a mind then is in accordance with all the Laws of Nature. The activities of such a mind is in balance with the activities of nature. The mind then follows with the purposes of nature, its schemes and aspirations flow in accordance with the needs of nature.

Such a life is most spontaneously upheld by the very purpose of all the laws made by man.

Very naturally one becomes a law abiding citizen of the world, a law abiding citizen of his country, his society, his family. His outside life and inside life both are spontaneously upheld by law, His life and his living both are legal in the true sense of legality.

The main purpose of law is to maintain life in a progressive way, live and evolve, let others live and evolve. This is the purpose of law. Harmony, peace and happiness everywhere is the purpose of law.

This most sacred and laudable purpose of law is most spontaneously served by bringing the mind into union with Being. Transcendental deep meditation is a most natural and spontaneous way to achieve this union.

Therefore, Ladies and Gentlemen, I have a humble suggestion to make to this august gathering of the Eighth World Assembly.

"That whereas it is obvious that man must live in accordance with the law in all activities, with his family, with his society, within his country, and with the International world."

To do so requires every person to practise Transcendental Deep Meditation. Secondly, in order to emphasize this need in the life of every man, the legislature in every country should make laws which would help every person to decide for himself in favour of Transcendental Deep Meditation.

The legal authorities of every country should help every man to do so.

If you will evaluate my proposal you will find that it will establish peace and harmony in society and every person's life will spontanously be according to law.

Thank You — Jai Guru Dev.

ON LAW

Mr. Jack Dykes

Good afternoon Ladies and Gentlemen:

Greetings to you all from my friends and my countrymen. It is a privilege for me to stand before you to speak on a subject which has occupied a great deal of my mind for many years. Last year a conference of lawyers from all over the world was held in Washington. The subject under consideration was "World Peace through Law". It was a conference of the best minds on law in this generation. The organizers of the conference had hoped that something useful might come out of it as a help to establish harmony and peace in the world, but with all the sincere efforts of the organizers the views put forth by the participants only amounted to giving the impression that it was difficult to establish world peace through law.

When I heard that this great conference of legal minds had failed to accomplish its purpose, I remembered one saying of Maharishi which I had heard

himsay in Canada. If a man wants to improve his business he should put himself out of the business activities and from outside view the field of business. Maharishi said if one wants to improve the market, it is better that he comes out of the market. Only from the bank the market can be improved. If the law is to be such that it is to accomplish a goal, which apparently seems to be difficult remaining within the sphere of law then let the mind come out of the field of activity. Let the mind come out of the jurisdiction of law. Let the mind gain transcendental consciousness and from that field it will be easier to improve the field of activity and achieve the goal that law seeks to attain.

Ladies and gentlemen, this is the approach that Madamoselle St. Louis has adopted in her proposal. Madamoselle St. Louis in her proposal has attacked the problem of peace and harmony at the very basis of life and has expressed the limitation of the human mind about the knowledge of law. But at the same time she has showed a way whereby it is possible to spontaneously live life in the spirit of law, in accordance with all the laws. It is really the most lucid way of training man to live in accordance with law for his own good

and the good of others. I express my deep appreciation for such a proposal and with all emphasis I second it and recommend to the World Assembly to incorporate it in a strong voice, reaching every corner of every country. Ladies and gentlemen, It is not enough to enact laws to punish the culprit. It should be a greater duty of the Law Ministry to produce law abiding citizens. It may be stated that the mere study of law is not enough to enable one to be a law abiding citizen. The law abiding nature depends upon the level of consciousness. Crime is the expression of the developed state of tension. It is necessary, therefore, to enact legislation to outlaw the spreading of tension. Furthermore, it is a greater necessity to enact laws banning the very first growth of tension. Such a law in its practical form will necessitate development of a state of mind in bliss consciousness because bliss consciousness alone can really protect the mind from falling into tension and leave the individual secure and completely out of the bounds of possibility of committing crime.

The problem of delinquency and crime within the school compound or on the street in whatever country they may be can be eradicated through Transcendental Meditation which familiarises

the individual with the law of his own nature — the law of man's nature in the present context is that deep within the heart of everyone lies the ocean of love and happiness. When the mind is not allowed consciously to experience that field, it begins to be tensed and thus develops wrong behaviour patterns and even criminal tendencies. The non-contact with the inner Being lies at the basis of all crimes. The technique of Transcendental Meditation is a simple and direct way to come out of this deplorable state which is damaging to life and progress. If the purpose of law is to prevent wrongs in society, the fulfilment of this purpose lies in giving Transcendental Meditation to each individual.

SOLUTION TO PROBLEMS OF COMMERCE AND INDUSTRY

Bert Bowman

The basic purpose of Iudustry and Commerce is to produce and distribute the wherewithall to enable everyone to live happily satisfying fully all their wants. Be it a heavy industry or a light industry the ultimate goal is to meet the needs of the people in order to give them a contented and happy life.

Now to ensure maximum production in any industry it is of utmost importance that we should ensure full human endeavour for the utilisation of full potential to meet all requirements. To achieve this it is obviously essential that human minds have to be tuned to the maximum in the objective of ensuring greater productive activity.

The more we produce in industry and distribution, wider becomes the gulf between supply and demand. This is the growning tragedy in the field of Commerce and Industry today. This

is prevalent not only in the developing countries but even in the affluent countries.

Even in the affluent countries where there is near maximum satisfaction of material wants, we find there is considerable tension and unhappiness on the increase; so it seems that satisfaction of material wants alone is not the remedy. Something more is badly needed. Does this mean that we should increase production more and more or attempt to reduce wants to bridge the gap. Merely producing more does not answer the problem. Reducing wants and suppressing our needs do not seem to be a healthy solution. The aim of man in producing goods is not only to enjoy the possession of the goods, but to increase his own innate happiness. The field of greatest happiness lies within himself. It is not enough to exploit natural resources alone but the inner man must also be explored. So by taking his mind to the field within, he would derive the greatest happiness and his wants become satisfied. The contact with the source of creation enlarges the individual mind to the status of cosmic mind, he would then become more efficient in the field of production and distribution. Thus the purpose of Commerce and Industry would be ful-

filled through the practice of Transcendental Meditation.

We recommend to the captains of Industry to bring this message to both management and labour so that the management becomes more creative and efficient and labour more productive and fruitful, so that two partners of industry would move together, ensuring harmony, peace and greater productivity in the field of commerce and industry.

SOLUTION TO PROBLEMS OF COMMERCE AND INDUSTRY

SECONDED BY

Abraham Iwan

Before I second the proposal of Mr. Bert Bowman, I have to extend my greetings and the love of my countrymen to all the people of Argentina, to all you ladies and gentlemen present here in the World Assembly with a purpose of finding a formula for peace and happiness in the lives of all the people every where.

I thank you very much for inviting me to give out my experiences. I am managing a glass factory in Buenos Aires for the last 30 years but the change that I have witnessed in the whole set-up of my factory ever since I started the practice of Transcedental Meditation is tremendous. Not only am I more loving to my employees but I find they have started to love me more than ever before.

They love their work more and enjoy their work more. Their work has

become a joy to them. It has become the means of greater income to me and when I increase my income I love to increase their wages. So there has been an improvement in my life and business. Therefore, ladies and gentlemen, on the basis of my experience of six months of the practice of Transcendental Meditation I feel happy to support the proposal put forth by Mr. Bowman for steps to be taken by all concerned with Industry and Commerce to introduce Transcedental Meditation in the daily routine of the employers and the employees of all factories and businesses. It is now high time for us in all parts of the world to exploit the unbounded resources of our own inner Being and be more productive in every field. I would love to see Meditation Centres in every factory area of every country. While supporting the proposal I wish to make an appeal to all the agencies in increasing the skill of performance in different fields to include a trained teacher of Transcedental Meditation in their staff and bring fulfilment to their purpose.

JAI GURU DEV

SOLUTION TO THE PROBLEMS IN THE FIELD OF LABOUR AND EMPLOYMENT

Mr. David Verrill

All problems of labour and employment arise from a fine core between the need on the one hand and its non-fulfilment on the other.

The employer needs greater efficiency and greater production. When the employee fails to fulfill this need, problems arise between the employer and the employee. Again, the employee needs more wages, and, when the employer fails to fulfill this need, problems arise between the employer and the employed. Personal frustration in the heart and mind of the employer and the employee lies at the basis of all problems in the field of Labour and Employment.

Differences of opinion will always remain because of the differences in the level of consciousness between the employer and the employee. Therefore, the only way to put an end to the problems in this field is to infuse the element of contentment in the con-

sciousness of the employer and the employees. This can be done easily by introducing Transcendental Meditation in the lives of the people whether they are employees or employers.

It is no use to hover on the fringe of problems to solve them. It is wise to attend to the root of all problems — which is discontentedness in the hearts and minds of the people.

I wish that the voice of the World Assembly will reach the people of the world, because I am sure that following the proposals of the Assembly it will put an end to all problems in the field of Labour and Employment.

Thank You

JAI GURU DEV



COMMERCE AND INDUSTRY

SECONDED BY

Miss Nevvar Sunetciogiu

Greetings to all Ladies and Gentlemen, from Turkey. It is a delight for me to support the proposal from the United States. Having the experience of Engineering and Administration for the last fourteen years and having the experience Transcendental Meditation for the last six years, I feel whatever has been said in the proposal is very true. Two contented hearts whatever the difference of the levels of their lives, always, find a loving way of resolving their problems. It has been very wisely said in the proposal that the root of all the problems in any field is inner discontentment. Through the practice of Transcendental Meditation it is very easy to develop bliss consciousness. Therefore the only way to put an end to all confusion, chaos and problems in the field of labour and employment is to popularize the practice of Transcendental Meditation.

Thank you

JAI GURU DEV



SOLUTION TO PROBLEMS OF DEFENCE

Rev. Somon Horizawa

Ladies and Genetlemen:

I rise to propose that TRANSCENDENTAL MEDITATION BE INTRODUCED IN EVERY SPHERE OF ACTIVITY IN THE FIELD OF DEFENCE.

It is clear that the need for defence of any country arises from its own weakness, for the strong are never attacked. It is the strong that attacks the weak; The basis of attack is the motivation of natural law — that, is *survival of the fittest*. Therefore any science of defence must address itself to the fundamental problem of strength. Any means through which the strength of a nation can be built and maintained should answer the basic problem of defence.

The stock piling of armaments, skill in war strategy and complete preparation for war is not all the strength of a nation. Why should the enemy be allowed to grow to the point of attacking? Why should he not be located in

his infancy and turned into a friend?

It should be the duty of those responsible for defence to destroy the very field which nourishes the enemy and enables him to grow. Which is the field that is the birthplace of the enemy? The womb of weakness is the birthplace of the enemy. Weakness in the individual begets weakness in the society; that of the society brings forth weakness in the nation. A weak nation is an easy prey to the strong and mighty; the weakness of the victim becomes the road on which the aggressor marches forward.

It should be the urgent duty of those responsible for defence of a country to initiate a programme of strengthening the nation. Real strength lies in turing life with the eternal, never-changing element in nature. When this happens the military personnel will then be men of real strength—men whose strength is no longer derived from man-made weapons of destruction, but from the infinitely inexhaustible arsenal of cosmic power. This in no way means that armamnts should be abandoned. If a war is imposed upon a nation then it becomes its bounden duty to defend itself against aggression with whatever strength it can command. Replying to aggression by means of combat is in the nature of a curative solution, but we

would like to suggest that the defence authorities should consider the prevention of war as a more fundamental aspect of defence policy. Our suggestion which helps to build the strength of a nation is a preventive solution and insulates the nation against possible attacks. Strength is gained through the practice of Transcendental Meditation, and I urge that this Eighth World Assembly incorporates this into its declaration.

DEFENCE

SECONDED BY

Maj. Genl. P. C. Mohan

Maharishiji, delegates, ladies & Gentlemen,

It is a pleasure for me to second the proposal of defence proposed of Rev. Horizawa on Defence. The Science of Defence has always played an important role in the long history of the preservation and evolution of life. Rev. Horizawa has suggested a plan whereby defence in every field will become automatic. It is now high time for the world to try such a spiritual and divine means of defence.

Survival of the fittest, as Rev. Horizawa has suggested is the law of the nature. Under this principle, the weak have no right to live, the weak have a natural right to perish. The history of the world is a history of strength in different fields, only death dominates the field of the weak, and it is a commonnsense that if the individual can bring himself

in tune with the Almighty Divine Nature then the individual will be strong, and a society of such individual, and nation of such individual, will be strong. In order to be strong outside one has to be strong within oneself and therefore, without much elabration in full support of the proposal of the Reverand I wish to appeal to all those concerned with defence of any kind to use the weapon of Transcendental Meditation and anihilate the enemy of tension, suffering which threatens the life of progress.

SOLUTION TO PROBLEMS OF POLITICS

John Holmes

Your Holiness, fellow delegates, ladies and gentlemen, greetings from Great Britain to all of you in love and appreciation for the great work of establishing peace and harmony in the world. In taking this opportunity it is my proud privilege to suggest that Transcendental Meditation is a natural means to lighten the burdens of problems in the field of politics.

Politics and problems are synonymous and this will continue to prevail as long as every man in a nation has not gained perfection. Politics is concerned with organising all spheres of outer life of the people in a nation. When every man's life is free from problems, and when every society is free from problems, when accord prevails, harmony and happiness will dominate every phase of life, then politics will be free from problems. Thus it is clear that the solution to all problems in the field of politics lies basically in the solution to all problems of life of the individual and the formula of freedom from problem in individual life lies in the

technique of gaining integration of the values of the inner and outer life. It is the practice of Transcendental Meditation which keeps on improving the level of consciousness day by day and thereby one continues to grow in energy, intelligence and happiness. This constant increase of energy, intelligence and happiness continuously improves the level of life, and living. Through this technique man does not remain at one level of consciousness for very long and therefore one does not gather problems at any level of life.

Through this technique it is possible to keep life free from problems even when one has not yet gained perfection.

This is a simple and intelligent way to keep the politics pure, clean and free and on their high level for the interest and the good of the people.

A balanced state of mind and a evolved state of consciousness provides a basis of a successful life of a politician. I have witnessed my own friends in the busy life of the political field that with the practice of Transcendental Meditation they loose the pressure of anxieties, gain more ıoresight and become more useful to society; and one thing more I want to emphasise at this point is that the problems in the field of politics are not only the problems of politicians, they are virtually the problems of every

individual in every country and, therefore, I would like to include in my proposal that not only the politicians of every country but every man in every country should incorporate Transcendental Meditation in his daily life.

Thanks.

JAI GURU DEV.

POLITICS

SECONDED BY

Mr. K. Krishnamurthy

Maharishi ji, fellow delegates, ladies and gentlemen

I have great pleasure in seconding the proposal of Mr. Holmes. It is my humble opinion that the cause of the present tension in the world is due to mutual distrust and lack of proper understanding and a fair complex among the people of the world. I strongly feel that through the Transcendental Meditation a new atmosphere of peace and harmony could be created among the people of the world. In as much as the process enunciated by our Rev. Maharishi ji does not in any way interfere with the different delegates and there social outlook, it could be easily practicised by all and the very politicians who guide the destiny of the world would themselves begin to have a better outlook which will ultimately lead to framing sound policies and their implementation would surely ensure the happiness of the people all over the world.

MAHARISHI'S COMMENTS ON THE PROPOSALS

QUESTIONS FROM THE AUDIENCE AND ANSWERS BY MAHARISHI

ANNOUNCEMENTS

PROGRAMME FOR THIRD DAY

(1) OPENING ADDRESS - Shri Brahmachari Devendra, President, Spiritual Regeneration Movement, Foundation of India.

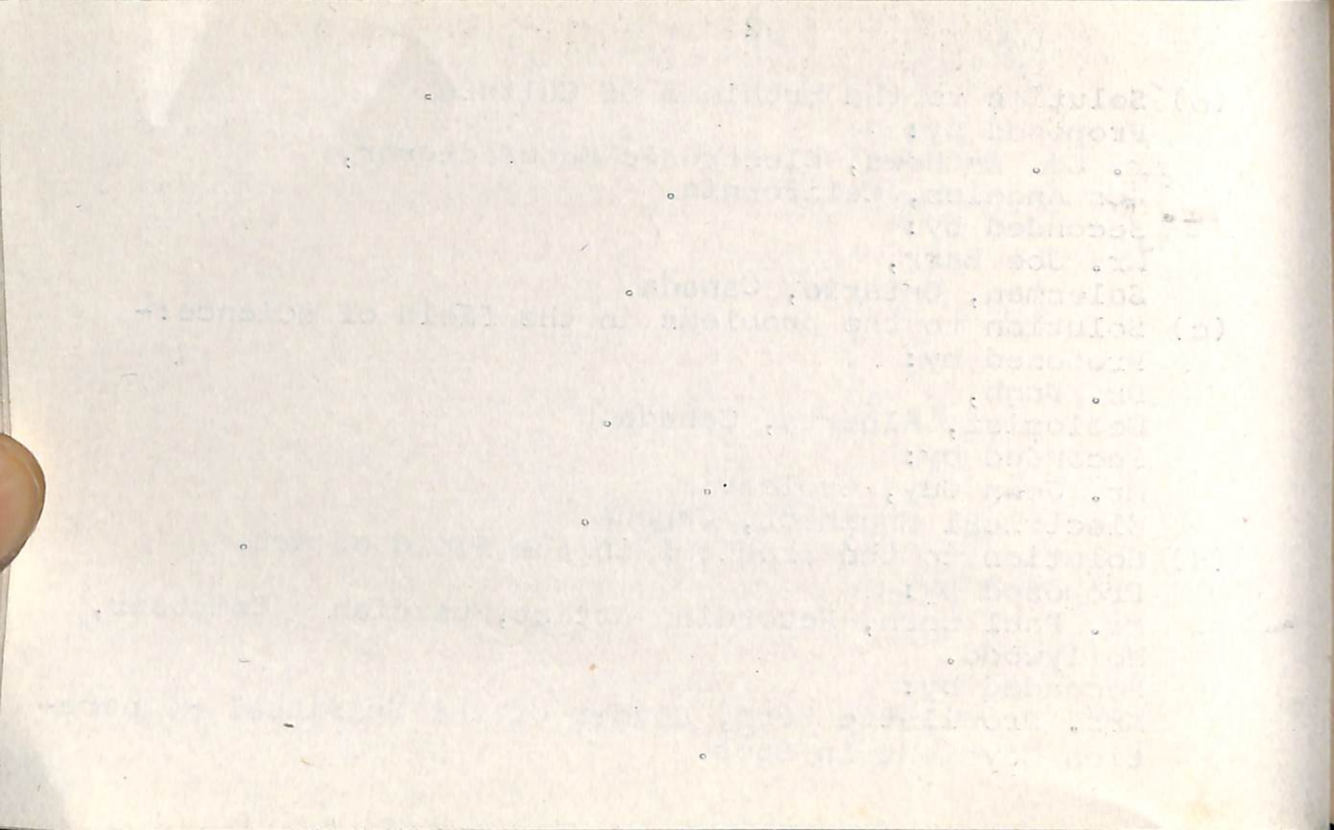
(2) Problems of life, requiring solution:
Speeches by:
Mr. Justice Madholkar
Mr. Justice Hegde
(Chief Justice of Delhi High Court)
Mr. S.G. Patwardhan,
(Retd. Judge, Bombay High Court)
Mr. Rangachari, Editor,
(The Sateman)

(3) Solutions to the problems of life;
suggestions from Delegates from different countries:
(a) Solution to the problems of Religion:-
Proposed By:
Mrs. Nadine Newy, Meditation Guide, Spiritual Regeneration Movement, California, U.S.A.
Seconded By:
Dr. Hasan Karahan,
Medical Practitioner, Istanbul.

(b) Solution to the problems of Culture.
Proposed by:
Mr. Ed. Mathews, Electronic Manufacturer,
Los Angeles, California.
Seconded by:
Mr. Joe Barr,
Salesman, Ontario, Canada.

(c) Solution to the problems in the field of science:-
Proposed by:
Dr. Pugh,
Geologist, Alberta, Canada.
Seconded by:
Mr. Jean Guy, Groleav.
Electrical Engineer, Canada.

(d) Solution to the problems in the field of Art.
Proposed by:
Mr. Paul Horn, Recording Artist,Musician & Composer,
Hollywood.
Seconded by:
Mrs. Brouilette Fern, Leader of the Spiritual Regneration Movement in Laos.



(e) Solution to the Philosophical Problems:
Proposed by:
Mr. Alberto Flores, Philosopher of Venezuela, Peru,
Seconded by:
Mr. Helen Lutes, Leader of the Spiritual Regeneration Movement in the United States.

(f) Solution to the problems relating to World Peace:
Proposed by:
Rev. Somon Horizawa of Japan.
Seconded by:
Mr. Sjogren Stig Goran, Master of Science, Asstt. Director.
Swedish State Power Board.

4. Declarations of the Eighth World Assembly.
5. Maharishi's Comments on the Proposals.
6. Concluding Remarks by-
Shri Brahmachari Devendra.

Jai Gurudev.



SPIRITUAL REGENERATION MOVEMENT: EIGHTH WORLD ASSEMBLY,
NEW DELHI

Speech by Mrs. Lewy, Meditation Guide,
Spiritual Regeneration Movement, California, USA.

Solution to the problems of Religion.

Revered Guruji, Distinguished Delegates, Ladies and Gentlemen,

Religion is the way to realisation of fullness of life. Fullness of life is realised in God consciousness and therefore, the purpose of religion is found in the state of God consciousness, providing a direct way to God-realisation or realisation of God consciousness. Each of the different phases of life has - different values on different levels of consciousness. In the state of God-consciousness every phase of life is found in its supreme state of development. To stir the course of life through the thick and thin of time and allow it to find fulfilment in the ocea of God-consciousness is the purpose of religion. Transcendental Meditation, being a direct way to God-consciousness, serves as the master-piece to

success in all fields of religion. This is one practice whereby any religious man will find the goal of his religion, and any non-religious man will begin to find a meaning in religious practice. This is one simple, natural practice which will reveal God to any God-loving man and will create love of God in the heart of any God-fearing man. All the problems in the field of religion arise when the real significance of the religion is missed. This happens and continues to happen time after time as long as higher consciousness has not been gained, as long as transcendental meditation has not been started. It has been the misfortune of time that thousands of generations of man have died without seeing the light of God. This was not because they lacked in their faith of God, but because they did not get the technique of the transcendental meditation which brings fulfilment to faith, and which produces basis of faith in the desert of life without God.

Transcendental Meditation opens the light of God to the world of man and makes it better and more revolving in every way. It serves as a glorious link between the world of men and the world of God. It improves the world of man

and makes the world of God significant to the life of man on earth. In all fairness, a statement could be made "Transcendental Meditation is one innocent and universal practice which brings fulfilment to religion. It serves as one solution to all problems in the field of religion."

In impartial review of the present state of religion shows that there exists hardly any religion in the world today which is capable of blessings of its followers with promises of its manifestos. That is why the intelligent people of the modern scientific age hesitate to accept the label of any religion.

God-willing, Transcendental Meditation will succeed in quietly reviving the spirit of universal religion which will give a meaning to religion of different lands. And this will prove to the world for all times transcendental meditation is one solution to all problems in the field of religion.

Therefore, Ladies and Gentlemen, in the name of God and peace on Earth, I propose the use of Transcendental Meditation by all men belonging to any religion or to no religion.

Thank you JAIGURUDEV.

and makes the world [illegible] to [illegible] on earth. In all religions, a statement could be made "Transcendental Meditation is the simplest and universal practice which brings fulfilment to religion. It serves as one solution to all problems in the field of religion."

In impartial review of the present state of religion shows that there exists hardly any religion in the world today which is capable of [illegible] of its followers with greatness of the manifestos. That is why the intellectual people of the modern scientific age hesitate to accept the [illegible] of any religion.

God-willing, Transcendental Meditation will succeed in quietly reviving the spirit of universal religion which will give a meaning to religions of different kinds, and thus will prove to the world for all times the [illegible] is one solution to all problems in the field of religion.

Therefore, [illegible] and [illegible] in [illegible] on Earth, I proclaim the [illegible] of [illegible] all men belonging to any religion or to no religion.

Thank you [illegible]

RELIGION

SPIRITUAL REGENERATION MOVEMENT - EIGHT WORLD ASSEMBLY, NEW DELHI

Speech by: Dr. Hasan Karahan, Medical Practitioner of Istanbul, Turkey.

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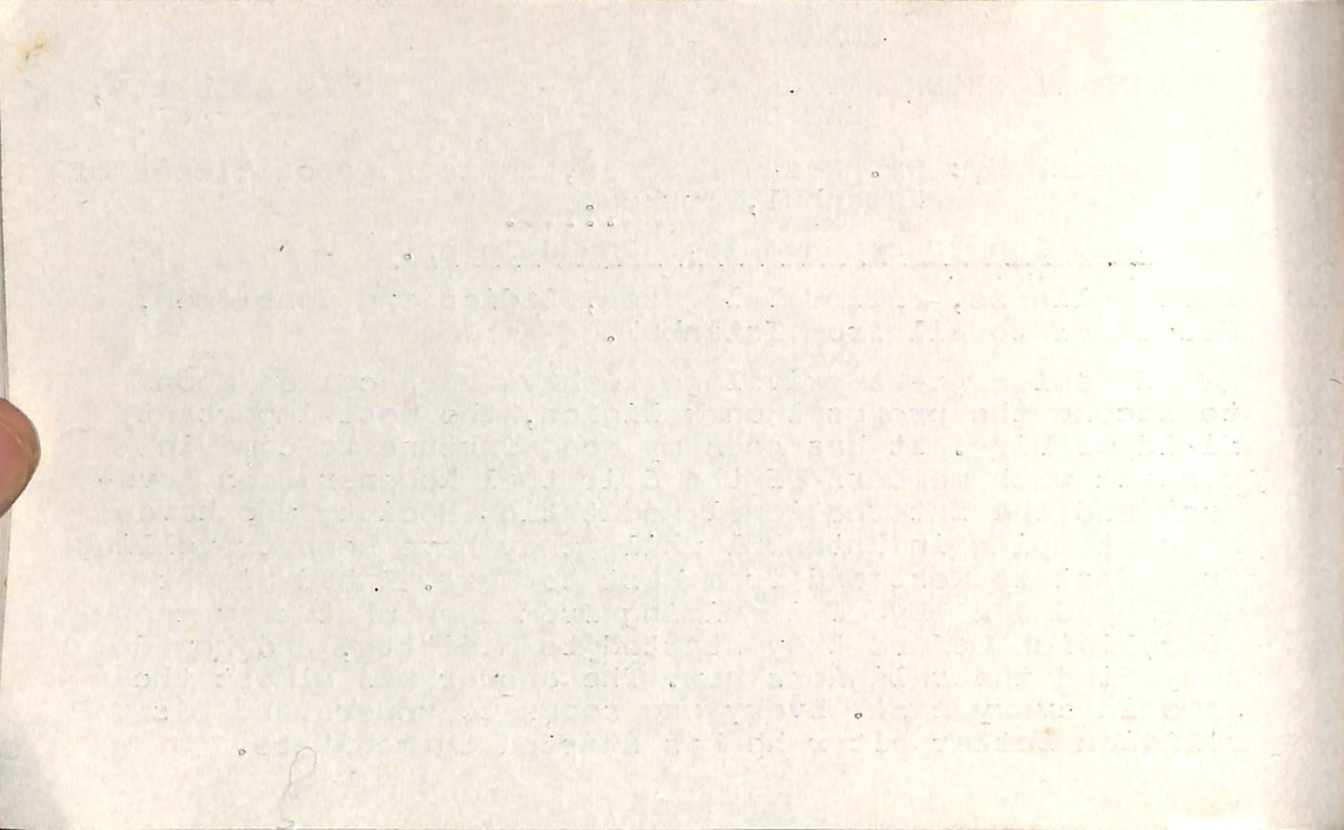
Solution to the problems in Religion.

Your Holiness, Fellow Delegates, Ladies and Gentlemen,
Greetings to all from Istanbul.

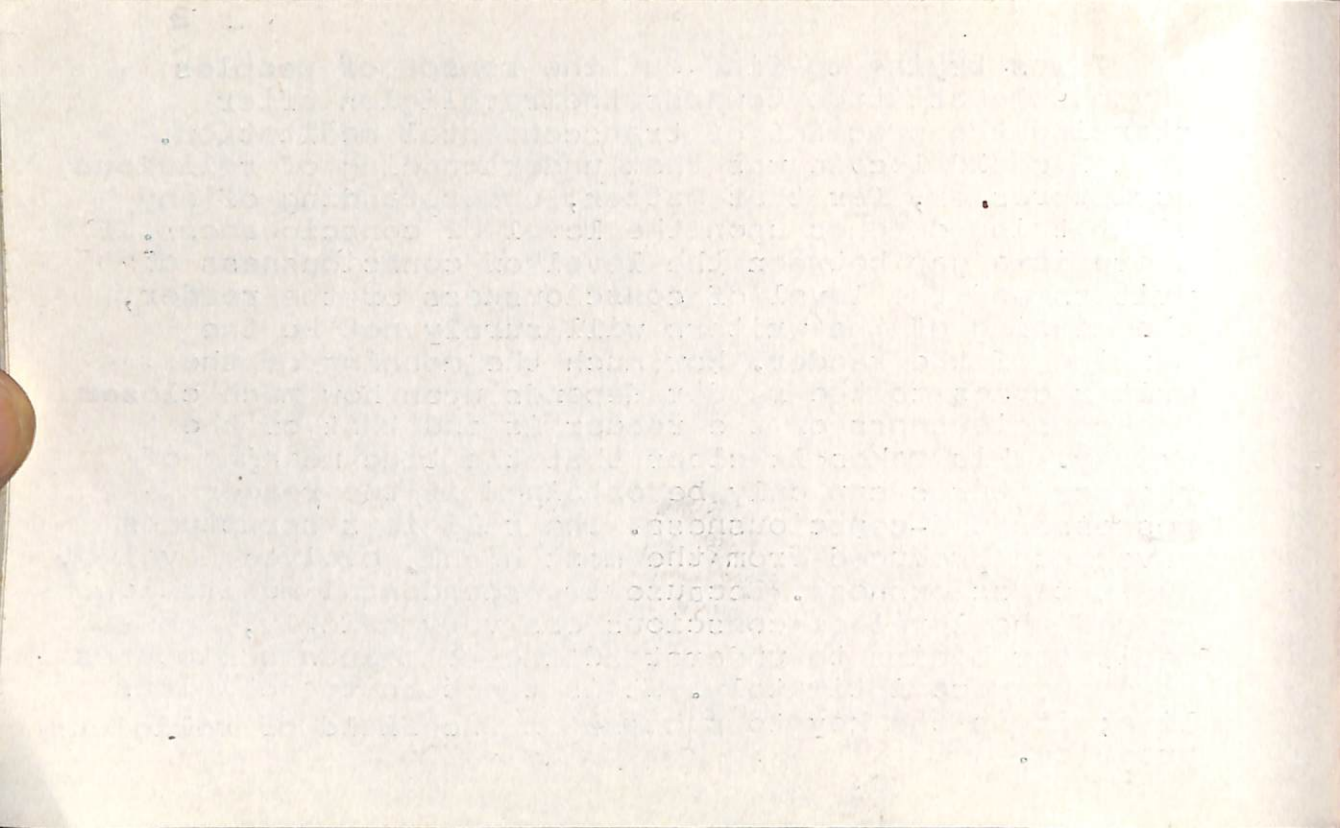
I feel a great privilege to have been called upon to second the proposal on religion, the most important field of life. It has been my good fortune to come in contact with members of the Spiritual Regeneration Movement and the International Meditation Society who have been stopping in Istanbul while they have been travelling from East to West and from West to East. I had almost developed a hobby of inquiring from them what they thought of religion before they started to meditate, and how do they find the religions now. The answer was almost the same in every case. Every one seems to understand his religion better after he has started to meditate.



I was trying to find out the reason of peoples favourable attitude towards their religion after starting the practice of transcendental meditation. What I could locate was that understanding of religious scriptures or, for that matter, understanding of any right thing depends upon the level of consciousness. If there is a gap between the level of consciousness of writers and the level of consciousness of the reader, the meaning of the writers will surely not be the meaning of the reader. How much the meaning of the writer comes to the reader depends upon how much closer the consciousness of the reader is and that of the writer. This makes it clear that the true meaning of the scriptures can only be obtained if the reader possesses God-consciousness. The religious scriptures have been produced from the most highly evolved level of human consciousness. Because transcendental meditation raised the level of consciousness very quickly, the meditator begins to understand the religious scriptures more and more intimately. It is the boon to religious life; it is the key to success in the field of religious practice.



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Transcendental Meditation is the basis of religious practice and I am happy in supporting the proposal placed before us by Mrs.Lewy.

We would be doing justice to our life, to our religion and to our God by practising Transcendental Meditation and by popularising it.

Thank you

JAI GURU DEV

SOLUTION TO THE PROBLEM OF CULTURE.

Speech by: Mr. Ed. Mathews, Electronics Manufacturer,
Los Angeles, California, USA.

Greetings to you all, Ladies and Gentlemen, from California. Problems of culture are the problems of life, since culture encompasses within its fold all the various aspects of life, and, therefore, the solution to all the problems of culture is nothing other than the solution to the problem of life. Culture of any country is what individuals produce is given time and space. Culture is the product of man. Culture of a country expresses the sum total of how the peoples have been behaving in different spheres of life and what actions have produced. With this definition of culture it is obvious that the culture of a country depends upon the level of consciousness of people, upon the level of their energy, intelligence and happiness. Problems in the field of culture, therefore, are basically the problems with regard to energy, intelligence and happiness of the people. All such problems can be eliminated by taking the conscious mind to the field of infinite energy, the bliss present within each man. This is easily accomplished through Transcendental Meditation and, therefore, all problems of culture find

Speech by [illegible]
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their basic solution in the regular practice of Transcendental Meditation. Ladies and Gentlemen, this logical conclusion leads me to propose to this august world Assembly that in order to put an end to the problems of culture in all parts of the world, it is vital that all the institutions and individuals engaged in preservation and propagation of cultural values in different lands should incorporate in their activities the propagation of Transcendental Meditation to all the peoples. Today, during out travels in different countries, we admire the skill of the people who inhabited the earth hundreds of generations before, in the skillful art left by them in the temples, mosques, pagodas and churces. We are the citizens of a scientific age and in this generation we have found the simple technique of Transcendental Meditation, whereby we are aiming at a society where every individual will make use of his full mental potential and will give rise to a culture which will stand out in the long corridor of time. Thank you.

JAIGURUDEV.

SOLUTION TO THE PROBLEMS OF CULTURE

Speech by: Mr. Joe Barr, Salesman, Ontario, Canada.

Your Holiness, Ladies and Gentlemen,

It is a pleasure for me, this afternoon to convey to all of you greetings from Canada. The proposal on the need of Transcendental Meditation to give rise to an outstanding culture in the 21st Century is very timely and I can only joyfully support it with the remark that Transcendental Meditation will not only result in culture and improvement on the sphere of man's activities, but produce a culture of outstanding value. It is going to produce in this generation a model man, an ideally evolved man, a fully developed man, a fulfilled man in the 21st Century. The possibility exists that the efforts of the Spiritual Regeneration Movement will create an ideal society and an ideal world to shape the destiny of a thousand generations to come. At this moment, Ladies and Gentlemen, while I am seconding the proposal which offers a solution to all the problems of culture, I wish to inform you that we, the members of the International Meditation Society in Canada, have sponsored a one-year programme in conjunction with

[illegible] the [illegible]

Speech [illegible] Canada.

[illegible]

It is a [illegible] to convey to all [illegible] on the head of [illegible] outstanding [illegible] I can only [illegible] improvement [illegible] of outstanding value [illegible] fully developed [illegible] the possibility [illegible] an ideal [illegible] while I am [illegible] all the problems of [illegible] we, the members of [illegible] society in Canada, have sponsored [illegible] with

our Centennial Celebrations in 1967. Our objective is to inform every man in every home in Canada that it is easy for everyone to unfold his full mental potential and share with all others the responsibility of making canada really great for thousands of years to come. I an tempted, Ladies and Gentlemen, to inform you of our programme for 1967 Centennial year Celebrations .....

While I am speaking about our efforts in Canada, I wish to inform you with equal joy, that the members of the Spiritual Regeneration Movement in Germany have, in the last week, celebrated a Meditation Week throughout Germany. Their efforts are being crowned with great success. It is very good news for us here in the World Assembly we engage in a critical scrutiny about the possibility of solving all problems of culture through Transcendental Meditation. We already have one country in the world, Germany, where every man has been informed about all the blessings of Transcendental Meditation. We are really proud of the efforts of the German Meditators for popularising Transcendental Meditation throughout their country.

Such an effort on the part of the Meditators of all countries is going to create a new world of peace, harmony and happiness. Thank you.

JAI GURUDEV.

SCIENCE - PROPOSAL BY Dr. Pugh.

Your Holiness, Ladies and gentlemen,

Thank you for giving me an opportunity of expressing my mind about one solution to all problems in the field of sciences. Various sciences are making headway in the discoveries in the fields of finer structure of Creation. Natural Laws governing life in different spheres are being explored through different branches of science. Our scientific knowledge about different spheres of life has resulted in amassing for us increased comforts of life, on the one hand, and a fear of total annihilation on the other. Ladies and gentlemen, the fear that our scientific knowledge has created for us, outweighs the charm of increased comforts through developed technology.

When the fear outweighs the charm, the blessings of scientific knowledge is overshadowed by what I hesitate to say C-U-R-S-E.

It is unfortunate, ladies and gentlemen, that increased scientific knowledge should prove to be bestowing more fear than comfort. Shall we keep ourselves away from

[illegible] — PHILOSOPHY OF [illegible]

[illegible] and [illegible]

[illegible] of [illegible] in the field [illegible] the [illegible] creation. [illegible] are [illegible] science. Our scientific knowledge about different subjects [illegible] has resulted in [illegible] for increased comforts of life, on the one hand, and a fear of annihilation on the other. [illegible] scientific knowledge has [illegible]

Though [illegible] the history of scientific [illegible] to say [illegible].

It is [illegible] scientific knowledge [illegible] fear than [illegible]

gaining such knowledge, or , shall we equip ourselves with something which will disallow the fear to use up our life and misery ? This is the great problem which baffles the mind of the scientists to-day. There are various other problems in every field of science, and experience has shown that it is the fresh minds, the clear-thinking minds and sharp minds of the scientists which are able to solve the problems that stand against progress in their different fields. Therefore, it is very clear that any practice or any means which will help to keep the mind of a scientist clear and fresh, and any means which will expand the conscious capacity of the mind and enable the scientist to use full mental potential, will be the right means to put an end toall problems in all the different branches of science.

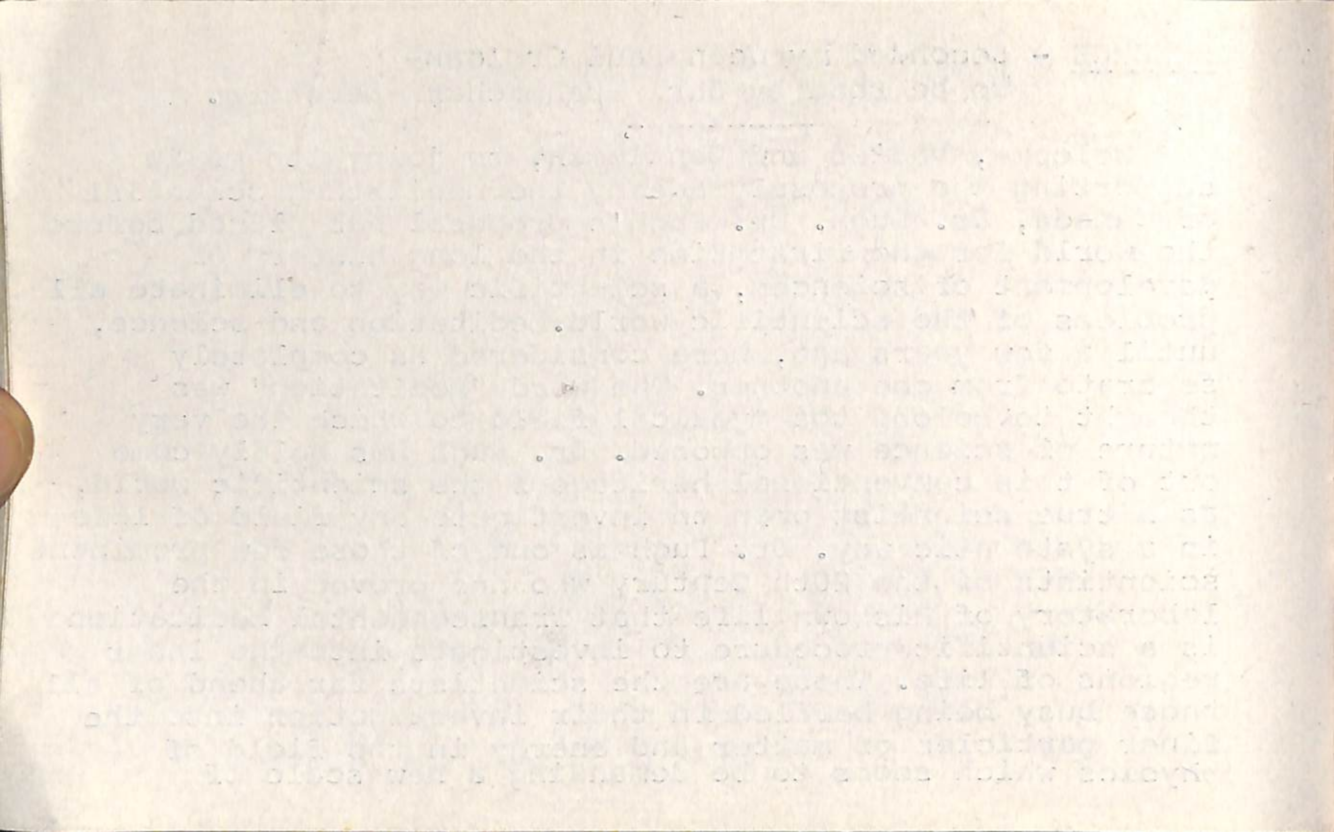
HAIL TRANSCENDENTAL MEDITATION.

Thank you,

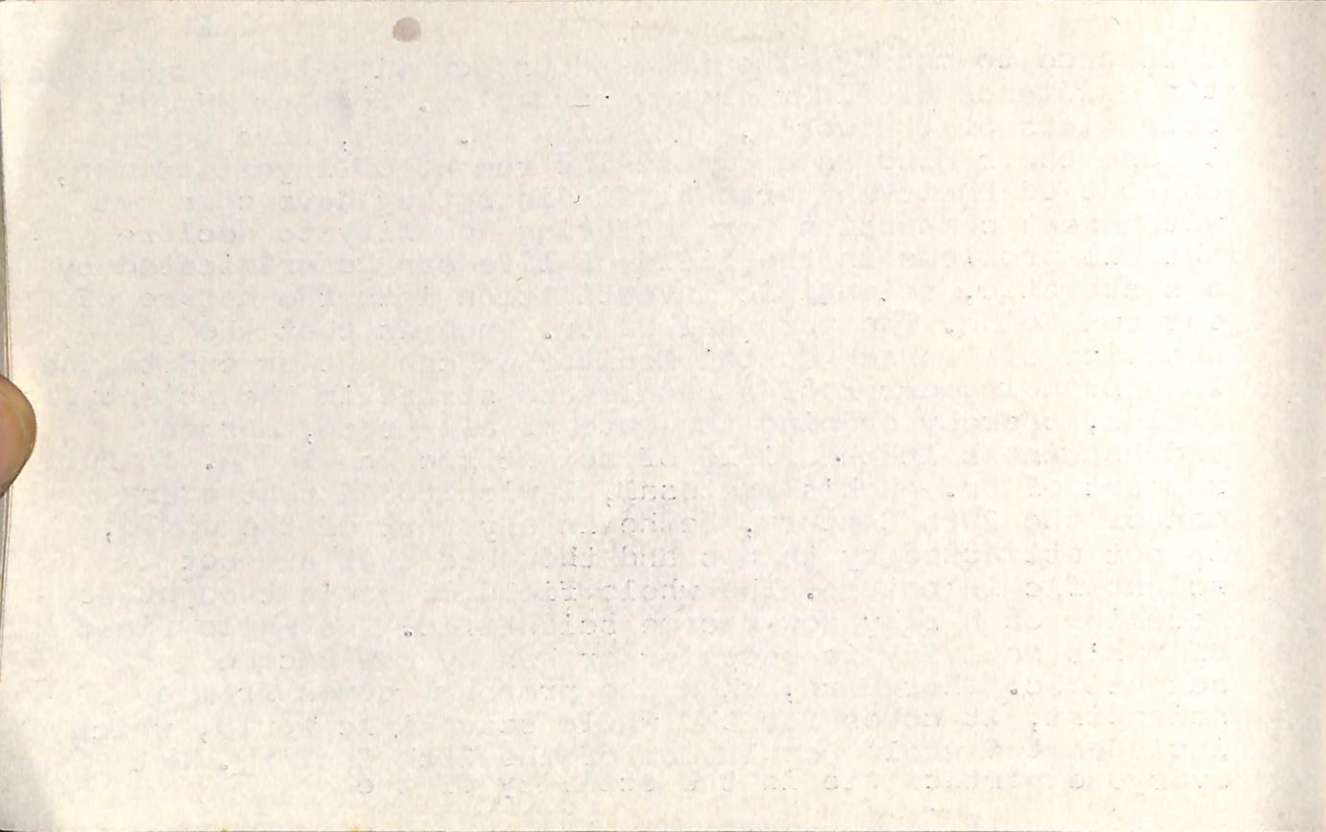
JAI GURU DEV.

SCIENCE - Seconded by Jean Paul Groleau-
To be read by Shri Brahmachari Devendra.

Welcome, Ladies and Gentlemen, to join with me in supporting the proposal made by the meditating scientist of Canada, Dr. Pugh. Dr. Pugh's proposal has placed before the world for the first time in the long history of development of sciences, a scientific way to eliminate all problems of the scientific world. Meditation and science, until a few years ago, were considered as completely separate from one another. The word "Meditation" was thought to belong toa mystical field to which the very nature of science was opposed. Dr. Pugh has boldly come out of this conventional heritage of the scientific world, as a true scientist open to investigate any field of life in a systematic way. Dr. Pugh is one of those few prominent scientists of the 20th Century who has proved in the laboratory of his own life that Transcendental Meditation is a scientific procedure to investigate into the inner regions of life. These are the scientists far ahead of all those busy being baffled in their investigation into the finer particles of matter and energy in the field of physics which seems to be demanding a new scale of



reference to measure the tremendous activity that underlies the existence of finer energy particles. Some prominent scientists of the world, including Dr. Pugh, have begun to use their mind as a direst instrument of investigation, and out of their own personal findings they have come out with great compassion for suffering humanity to declare that all problems in the field of life can be eradicated by a systematic, scientific investigation into the nature of our own Being. The proposal of Dr. Pugh is that the practice of Transcendental Meditation can put an end to the long standing error of struggle and strife in the scientific fields, thereby opening the gate of all peace, harmony and happiness in the field of scientific knowledge. In full support of Dr. Pugh's proposal, I wish toadd that every man of the 20th Century, be he in any part of the world, is not attracted by things and thoughts that are not scientific in nature. The whole field of man's thought is becoming or has by now become scientific. The whole field of man's activity is becoming or has by now become scientific. Therefore, when the proposal comes from a scientist, it comes for the whole scientific world, which includes the whole population of the 20th Century. Let everyone participate in the activity of the



Spiritual Regeneration Movement for himself and for everyone around him.

Thank you,

JAI GURU DEV

SPIRITUAL REGENERATION MOVEMENT: EIGHTH WORLD ASSEMBLY, NEW DELHI.

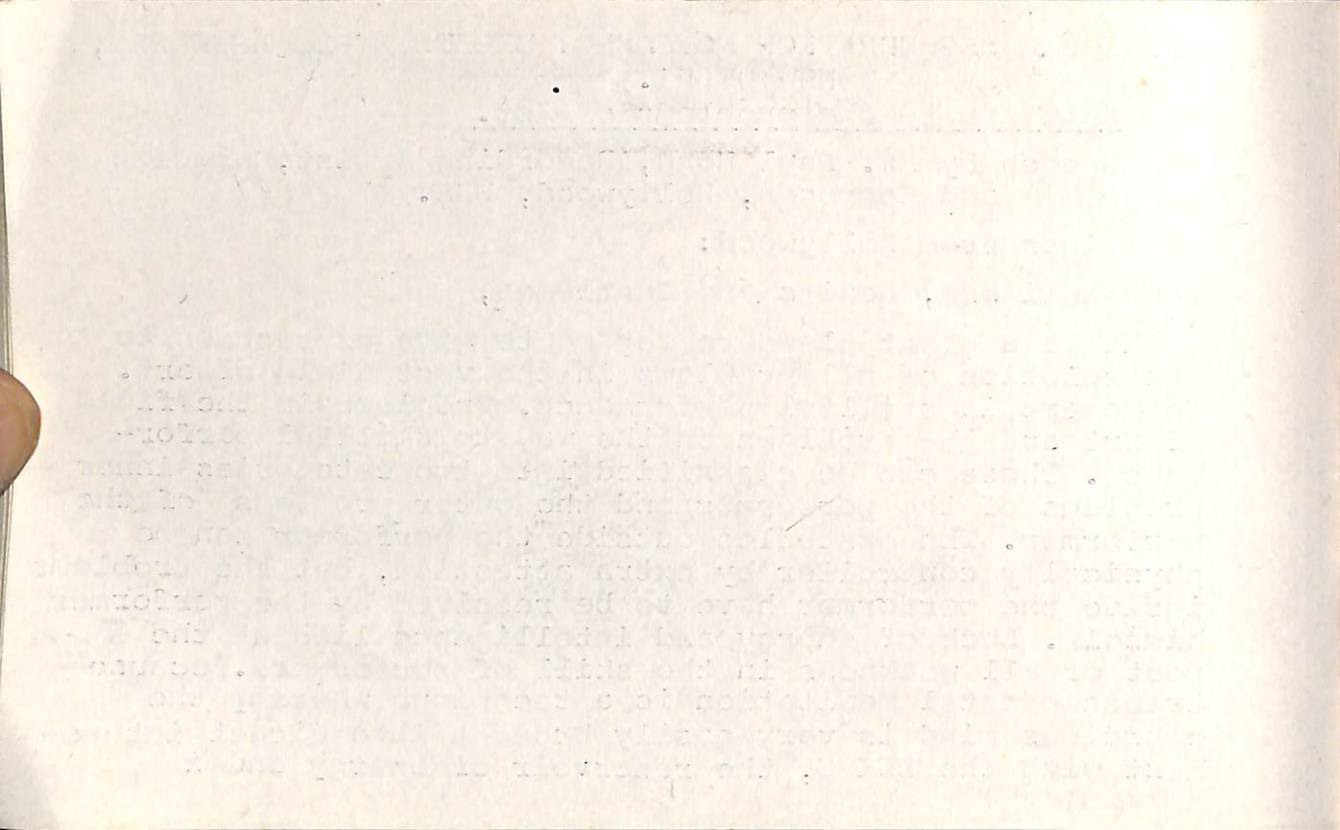
Solution to the problems of Art.

Speech by Mr. Paul Horn, Recording Artist, Musician and Composer, Hollywood, USA.

Greetings from Hollywood:

Your Holiness, Ladies and Gentlemen,

It is a great pleasure for me to give expression to the solution of all problems in the vast field of art. To me art is skillful performance. Problems in the field of art are the problems on the way to skillful performance. These can be classified into two categories inner problems of the performer and the outer problems of the performer. The obstacles outside the performer can be physically controller by extra attention, but the problems inside the performer have to be resolved by the performer himself. Lack of energy and intelligence lies at the root of all weakness in the skill of performers. Because transcendental meditation is a technique whereby the conscious mind is very easily brought into direct intunement with the BEING, the reservoir of energy and x



intelligence, it can be truthfully stated that Transcendental Meditation forms the basis of skillful performance. It can be said to be the most effective instrument for skillful performance. And, therefore, Ladies and Gentlemen, I am very happy to recommend the regular practice of transcendental meditation to all those engaged in the field of art. Thank you.

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Speech by : Mrs. Brouillette, Leader of the Spiritual Regeneration Movement in Laos.

Your Holiness, Ladies and Gentlemen,

I must with emphasis, support Mr. Horn's proposal that Transcendental Meditation is vital to the life of an artist. It has long been known that art is the expression of the soul. But, Ladies and Gentlemen, if that soul is out of conscious awareness, then the art will not be an expression of the soul. Whether it is painting, music, writing, dancing of singing, it can at best express the field of frustrated mind. You can, therefore, see the necessity of Transcendental Meditation in the life of an artist who wishes to attain the highest success in his field and thoroughly bring out the expression of the soul in his creations of art.



And, when we have seen the need of Transcendental Meditation in the life of an Artist, we must not fail to give recognition to the need of Transcendental Meditation in the lives of all those who are not artists by profession but certainly desire to display the glory of art through speech and action. Let artists find fulfilment through Transcendental Meditation and let everyone spontaneously display the glories of art through different patterns of life.

Thank you.

JAIGURUDEV

PHILOSOPHY PROPOSING

Philosophy is a science of investigation into the unknown and provides a living basis to all the obious phases of life. Philosophy bringing fulfilment to man in every sphere of his existence. The study of philosophy give us insight into the mechanics of all laws of nature. It is the philosopher who keep on explaining the inner aspect of religion generation after generation. It is the strength of philosophy that maintains religion in the integrated state. Any generation which fails to produce philosophers capable enough to explain to the masses the significance of religious practices, loses the significance of religion. People not knowing the significance of religious practices fall away from rightousness, and society begins to grow in confusion and convention. Every generation must necessarily maintain a good coordination between the philosopher and religious leaders of the land of the country. Unfortunately, the philosophy of life as it is found today in any part of the world is in a highly distorted state. It is proved that philosophy deals with the unseen of life; the substract phase of existence forms the subject of philosophy but by no means should

Philosophy is a science of investigation into the unknown and provides a key to all the obscure phases of life. Philosophy pervades man in every sphere of his existence. Philosophy gives us insight into the mechanics of all laws of nature. It is the philosopher who thinks of explaining the inner aspect of religion generation after generation. It is the strength of philosophy that maintains religion in the undegraded state. Any generation which fails to produce philosophers capable enough to explain to the masses the significance of religious practices, loses the significance of religion. People not knowing the significance of religious practices fall away from religiousness, and society regards it as conclusion and convention. Every generation must necessarily maintain a good coordination between the philosophers and religious leaders of the land of the country. Unfortunately, the philosophy of life as it is found today in any part of the world is in a highly stagnated state. It is proved that philosophy deals with the nature of life; the substance that existence forms the subject of philosophy but by no means should

be placed in the field of mysticism. Philosophy of life in our scientific age should certainly have a scientific basis.

The Spiritual Regeneration Movement is sponsoring a complete and scientific philosophy. It offers a simple and natural scientific process of Transcendental Meditation to fathom the whole sphere of inner life and bring to conscious experience every phase of inner life, in a very systematic and scientific manner. This method of Transcendental Meditation, therefore, is one process to which all the abstract sphere of philosophy becomes a complete reality of direct experience. This is how all the problems in the field of philosophy can be solved naturally through Transcendental Meditation. Therefore, ladies and gentlemen, it is my humble proposal that the practice of Transcendental Meditation should be incorporated into the daily routine of all those interested in any aspect of philosophy.

Thanks.

JAI GURU DEV.

PHILOSOPHY SECONDING

Greetings to His Holiness and greetings to you all.

Ladies and Gentlemen:

I have no academic knowledge on philosophy but, even then, I stand before you to support a proposal which advocates one simple solution to all problems in the field of philosophy. I have taken the courage to do so on the basis of my own experience of Transcendental Meditation during the last 7 years.

I wish to inform the whole world that evr since Maharishi first visited California every word and every sentiment of the proposal bears the testimony of personal experience and of thousands of people in all parts of the world.

Transcendental Meditation is not only the solution of all problems in the field of Philosophy and as such, it is not only a boon to those interested in Philosophy, but it is a first pre-requisite to knowledge in any field of life and provides a sound foundation for living; therefore, let every lover of life take advantage of the science and

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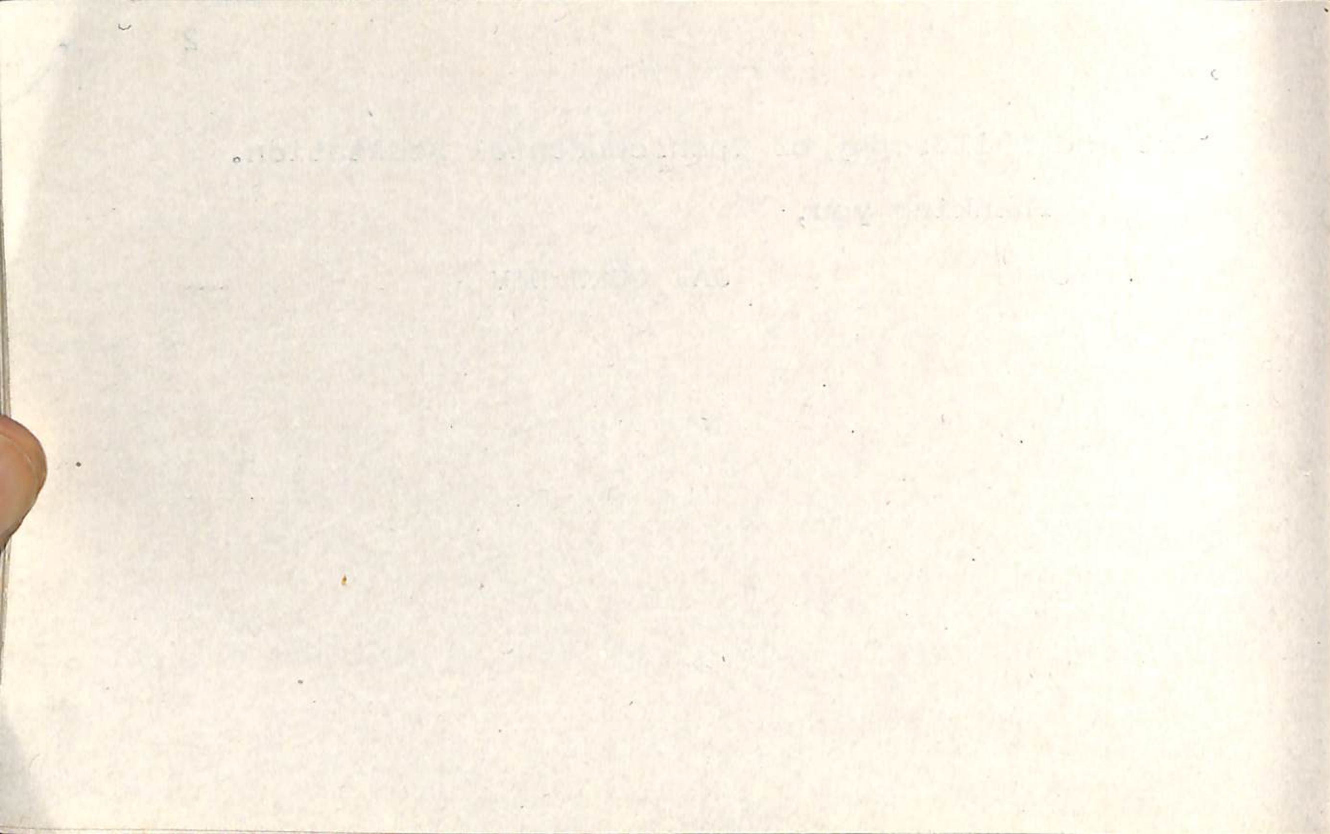
I wish to [illegible]
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art and Philosophy of Transcendental Meditation.

Thanking you,

JAI GURU DEV



WORLD PEACE

SPIRITUAL REGENRATION MOVEMENT: EIGHTH WORLD ASSEMBLY: NEW DELHI.

Speech by Rev. Somon Horizawa from Japan.

Solution to the problem of World-peace.

Problem of world-peace have remained unsolved even though efforts have been made to find the solution in every generation.

The existence of the organisation of the United Nations places on record the desire of all the countries for a peaceful co-existence. But the truthi is, that even after the decades of joint efforts of all the countries, world-peace remains a dream.

Ladies and Gentlemen if we want a garden to be green, we must have to water every tree. Watering every single tree, attending to every individual tree is the only way to make the garden green.

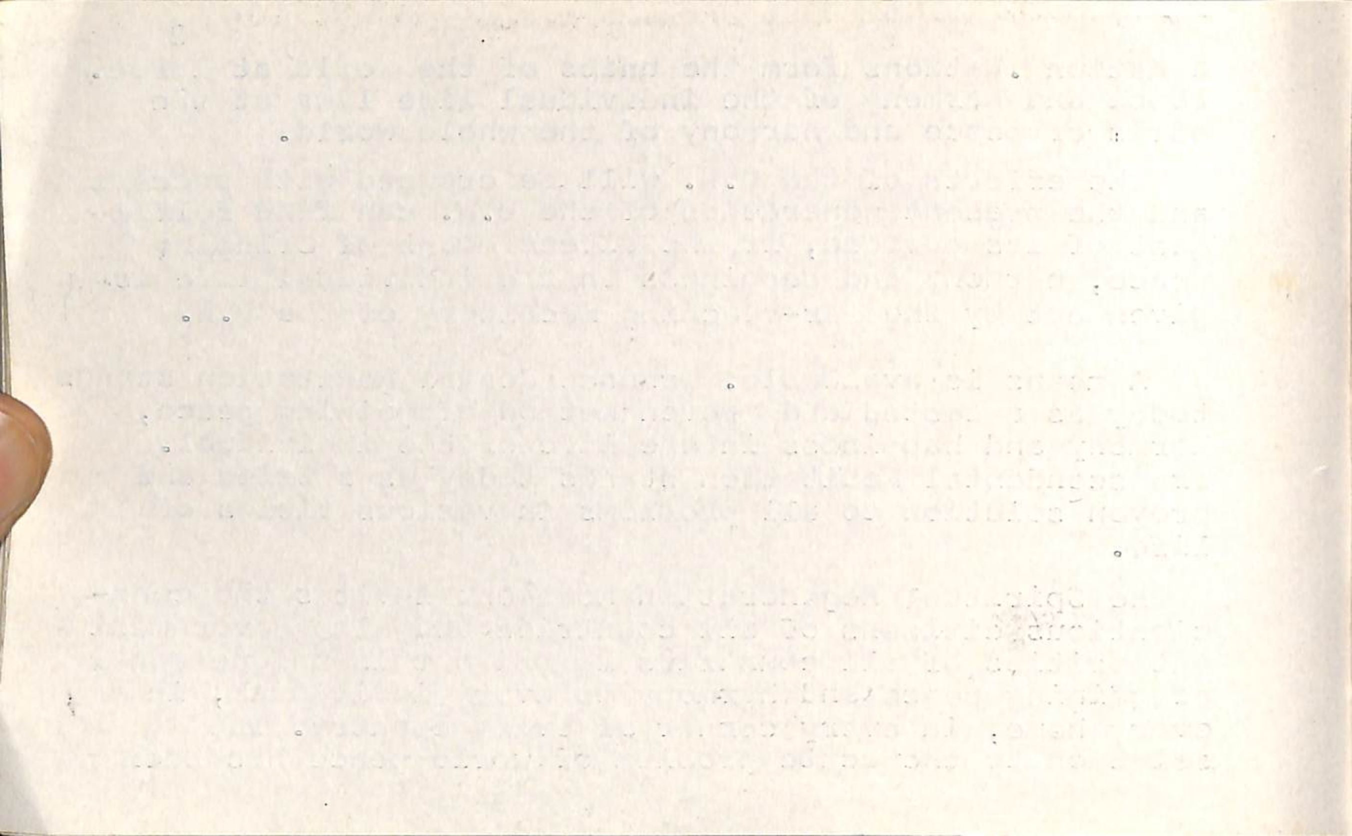
The problem of world peace is basically the problem of peace of the individuals of the World. The individual is the unit of the society. Societies from the units of

a nation .Nations form the units of the world at large. Peace and harmony of the individual life lies at the basis of peace and harmony of the whole world.

The efforts of the U.N. will be crowned with success and the present generation of the U.N. can find fulfilment of its purpose, if the direct means of bringing peace, harmony and happiness in the individual life is given out by the far-reaching machinery of the U.N.

A means is available. Transcendental Meditation stands today as a tested and proven method of gaining peace, harmony and happiness in the life of the individual. Transcendental Meditation stands today as a tried and proven solution to all problems in various fields of life.

The Spiritual Regeneration Movement invites the conscientious citizens of all countries and also government authorities of all countries to bring this unique means of gaining peace and harmony to every individual , in every home, in every corner of every country. The solution to the acute problem of world peace has been



found, only it needs to be brought to the troubled h
hearts and troubled minds of the world. The task is easy to perform, only its magnitude is large. With adequate help fromall quarters, the present generation of the world will enjoy the grace of establishing world peace.

WORLD PEACE

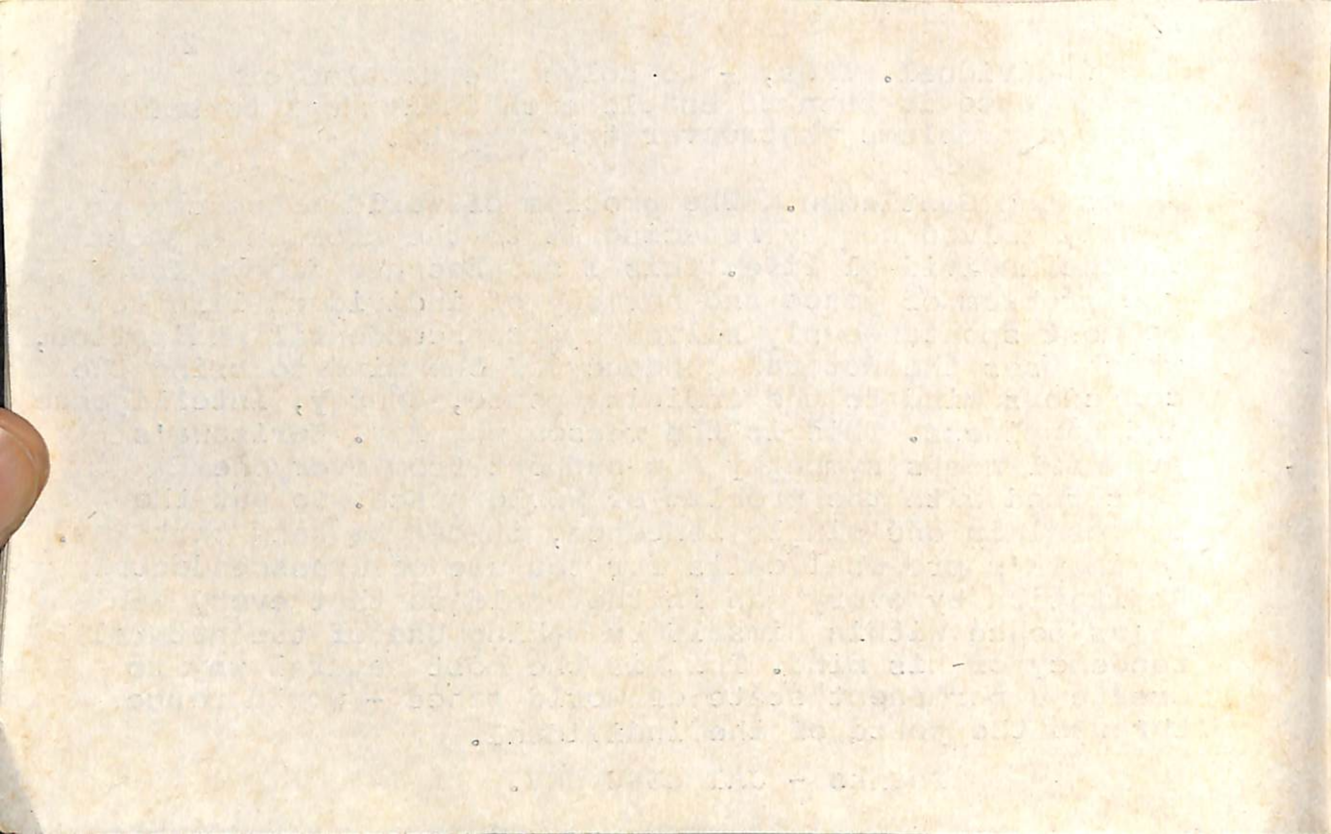
STIG G. SJOGREN :

Greetings to you all from my Motherland, Sweden. It is my proud privilege to stand to support the proposal of world peace through Transcendental Meditation. I feel proud on this stage of the World Assembly to express in all humbleness, but in the fullness of joy, that my country has been blessed with peace. My country is established in peace. Sweden has not known wars for the last three hundred years and, therefore, I feel I have a natural right to stand in support of the proposal seeking establishment of harmony and peace in the world. The problem of world peace is a problem of a very great magnitude. We must take a lesson from history. A scietific way of dealing with a big problem would be to reduce the big problem into similar problems and deal with each small problem with ease and comfort. An intelligent way to solve the problem with ease and comfort. An intelligent way to solve the problem of a vast magnitude will be to reduce it in smaller segments and deal with it on these reduced levels. I will say that the problem of world peace can be reduced to the problems of

the individual. Thus, - to solve the problem of world peace is then to enable each individual to solve his own problems whatsoever they may be.

Ladės and Gentlemen. The problem of world peace can be easily solved now by reducing it to the problem of peace in the individual life. This I say because I have found the problem of peace and harmony of individual life to be most spontaneously solved by Transcendental Meditation, which uses the natural tendency of the mind to bring the conscious mind to the infinite peace, energy, intelligence and happiness. This is the reason why Rev. Horizawa's proposal needs sympathy and support from everyone concerned with the problem of world peace. To put the proposal in one single sentence, it can be said that Rev. Horizawa's proposal calls for the use of Transcendental Meditation by every man in the world so that every man gains peace within himself by making use of the natural tendency of his mind. This is the most natural way to create a permanent state of world peace - world peace through the peace of the individual.

Thanks - JAI GURU DEV.



Declarations of the Eighth World Assembly

Maharishi's comments on the proposals

Concluding remarks by Shri Brahmachari Devendra

